



## Blog Article

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### Day 10 - 16 Days of Activism LGBTQ+ and domestic violence

In lesbian, gay, bisexual, transgender and queer (LGBTQ+) communities, there can be less pressure to have relationships based on more traditional models. As a result, those relationships come in all looks, forms, sizes and configurations.

However, there are healthy traits which are important to all relationships, regardless of how they appear on the surface. Those traits include trust, feeling secure, consent, communication and respect. Whilst the majority of LGBTQ relationships are healthy ones, abuse can and does happen.

Frankie\* is a queer non-binary person and fell in love with a queer trans man who was charming and intense. The couple moved in together within a few months, and gradually and subtly everything changed to where Frankie was completely under his control and believed everything that went wrong in their relationship, every argument, was their fault.

“He gaslit me, isolated me from my friends and family, made me believe I was worthless and nothing without him. He didn’t physically abuse me until the very end of the relationship, but by that time the emotional/psychological abuse had been going on for so long that I blamed myself for making him hit me.”

The man eventually left Frankie and it was an upsetting situation for Frankie. “It wasn’t until a few months later that I started to see how abusive he’d been. With the help and support of chosen family and friends who (luckily) had been lurking on the sidelines waiting to pick me up when it all went to pieces. At the time, I didn’t know of any counselling services that I felt safe going to for support. I didn’t trust that they would understand the nuances of a queer relationship, but I was lucky enough to have a queer friend who is a social work professor and who initiated some conversations that were really helpful for me in making sense of things and starting to heal.”

Unfortunately, cases like Frankie’s are not uncommon. There are organisations always ready to help and support the LGBTQ+ community.

To access stories from LGBTQ+ community members who have sought and found support for their relationships, please visit <https://sayitoutloud.org.au/learn-more/our-stories>. Also access a mini documentary that goes into the homes of 8 different relationships here <https://sayitoutloud.org.au/healthy-relationships/relationship-role-models/>

To talk about healthy relationships, to get help for unhealthy relationships, or to find out how to support your friends, please visit ACON Health’s website [www.sayitoutloud.org.au](http://www.sayitoutloud.org.au) or call ACON on the North Coast on **02 6622 1555**.

*\*name changed to protect privacy*

*Thanks to the ACON team for the article contribution.*